

Westside Center October News

WESTSIDE RETIREE CENTER 715 WEST 5TH STREET
8:30AM-2:30PM MONDAY-FRIDAY
480-858-2420 Tdd 480-350-5050

FALL FESTIVAL

Friday, October 8th

11:00am

The Westside will host a Fall Festival to remember! Join us as we enjoy music by The Krugenkraut German Band, sip Beer (non-beer of course) & dine on Bratwurst & kraut. Sign up early as space is limited.

Cost is \$4 for RTA members and \$5 for non-members.

Code: YLUN-2D



FREE WEDNESDAY NEW RELEASE MOVIES

9:00am

October 6—The Ladykillers (R)

October 13 -Hidalgo (PG-13)

October 20-Starsky & Hutch (PG-13)

October 27-Raising Helen (PG-13)

Halloween Party

Friday, October 29th

11:00 am

You are invited to attend the Westside's Annual Halloween Party. Wear your most outrageous costume, we'll be having a costume contest!! Lunch will include: hot and steamy chili, cornbread, crisp salad and some creepy Cupcakes! We'll be trick or treating, and enjoying some fun Halloween entertainment.

Sign up today.

Cost is \$4 for RTA Members
And \$5 for Non-Members.

Code: YLUN3-D



Breakfast & Bunco

Tuesday, October 12th at 9 AM.

Join us for a delicious continental breakfast and a couple of rounds of Bunco!! Enjoy a variety of muffins, bagels & spreads, fruit, juice and coffee..

Don't miss out on this special morning at Westside!!!

Cost is \$2.00

Code: YEAT-1D

Sign up in advance!!



B I N G O at Westside

Play bingo at the Westside on Monday's at 6 pm AND Friday's at 1 pm.

Card sales begin at least 30 minutes prior to game start time. Each card is 50¢ and there is a six (6) card maximum. **Adults age 18 years and older are welcome!**



TCAA lunches are served Mondays and Thursdays. Advance registration is required, call the day before by 11 am. (480-858-2420) See TCAA page for menu information.

Please note:

Advanced registration and payment is due for most of our programs, so please let the front desk staff at Westside know if you plan on attending an event.

Westside.....

Flu Shots by Healthwaves

Friday, October 15th

11am to 12pm

Flu shots will be available between 11am and 12pm on Friday, October 15th at the Westside Retiree Center. Healthwaves Corporate Wellness Team will be administering the shots. For more information you can contact them directly at 480-968-1886. Healthwaves gladly accepts Medicare B, Blue Cross Blue Shield of AZ, SecureHorizons of Arizona, PacificCare HMO of Arizona and Humana. You can purchase a shot for \$20 (cash or check payable to Healthwaves).

Garden Club

Wednesday, October 20, 2004

9:00am

Join us bright and early on the 20th to help plant a beautiful fall garden at the entrance to the Westside Retiree Center. We'll fill it with geraniums and fall vegetables. Sign up at the Westside front desk.

FITNESS

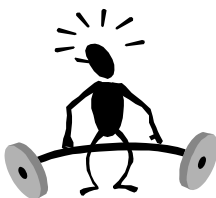
The Westside Center has a fully equipped fitness room available Monday through Thursday 11am to 7pm,

Friday 2pm to 7pm. You can schedule your free personal fitness orientation by calling the Westside's front desk at 480-858-2420. The fitness center is a wonderful alternative to walking in the heat!

Start today....You can use

The fitness room at your

Convenience and it's free!



Bookmobile

The Bookmobile will be at the Westside Multi-Generational Center on the following dates:

Wednesday

October 6th & 20th

November 3rd & 17th

December 1st & 15th

Time: 1:30pm to 3:30pm



FRIDAY BINGO

Join us for Bingo at the Westside!!.

Card sales begin at 12:30 with Bingo starting at 1:00. Enjoy free munchies while you play 10 games.

Bring a friend, it's your lucky day!

Starting soon you will be able to purchase lunch at 11:45 before Bingo begins. We'll be offering pizza or hot-dogs for \$1.50.

Election Speakers.....

Friday, October 22, 2004

11:30am to 12:30pm

Plan to be present for this enlightening hour of political information presented to you by representatives from the

Republican and Democratic party as they prepare you for the upcoming election on Tuesday, November 2nd.

Plan to stay for Bingo at 1:00!!

FREE

40 Day Retiree Fitness Challenge

Improve your health and feel Great!

Work out in our fitness center and participate in this FUN group challenge. Sign up at the Westside's front desk today.

After you complete the 40 Day Challenge, return to the front desk and receive a fitness reward!! This is an ongoing program and the prizes get better each time you complete the challenge!

FREE Fitness Orientations are provided call 480-858-2422 to schedule an appointment.

Good Luck and have FUN!!!



OCTOBER-WESTSIDE





MON

TUES

WED

THURS

FRI

				1 1 PM-BINGO Drop in: Memory Workshop
4 12 PM-TCAA lunch 6 PM- BINGO	5 9 AM Computer 101 12PM Open Scrapbooking Open Billiards Drop in: Memory Workshop	6 9 AM-Movie The Ladykillers (R) 1:30 PM Bookmobile Drop in: Memory Workshop	7 12 PM-TCAA lunch	8 11 AM FALL FESTIVAL  1 PM-BINGO Drop in: Memory Workshop
11 12 PM-TCAA lunch 6 PM-BINGO	12 9AM-Breakfast & Bunco 9 AM Computer 102 12PM - Open Scrapbooking Open Billiards Drop in: Memory Workshop	13 9 AM-Movie Hidalgo (PG-13) Drop in: Memory Workshop	14 12 PM-TCAA lunch	15 11 AM-12 PM Flu Shots  1 PM-BINGO Drop in: Memory Workshop
18 12 PM-TCAA lunch 6 PM-BINGO	19 9 AM Computer 102 12PM Open Scrapbooking Open Billiards Drop in: Memory Workshop	20 9 AM-Movie Starsky & Hutch (PG-13) 9 AM Garden Club 1:30 PM Bookmobile Drop in: Memory Workshop	21 12 PM-TCAA lunch	22 11:30 AM-Election Speakers  1 PM-BINGO Drop in: Memory Workshop
25 12 PM-TCAA lunch 6 PM-BINGO	26 9 AM Computer 102 12PM Open Scrapbooking Open Billiards Drop in: Memory Workshop	27 9 AM- Movie Raising Helen (PG-13) Drop in: Memory Workshop	28 12 PM- TCAA lunch	29 11 AM Halloween Party  1 PM-BINGO Drop in: Memory Workshop

NEEDLEWEILDERS

The Needleweilders meets each Tuesday at the Abiding Savior Lutheran Church beginning at 9:00 am. There they sew items for various service projects, and enjoy a sack lunch and a variety of programs. Then every Thursday at 9:00 am they meet here at the Pyle Center. Joanna Lewis is in charge of both of these great program. We invite everyone who is interested in this program to come out and join the fun at one or both locations. The Needleweilders depend on donations to produce all the great items they make for charities. They are in need of batting, polyester stuffing, velcro and buttons. Please bring your donations to the front desk and Thank You!!



RETIREE GOLF TOURNAMENT

Men and women 50

of age and older are invited to participate in one or



years
both

Ken McDonald Golf Course
Thursday, December 5th
Fee: \$25 Tempe Residents
\$30 Non-Tempe Residents
Registration deadline
December 3



Rolling Hills Golf Course
Wednesday, December 4th
Fee: \$25 Tempe Residents
\$30 Non-Tempe Residents
Registration deadline
December 2